

## December 2018 Newsletter

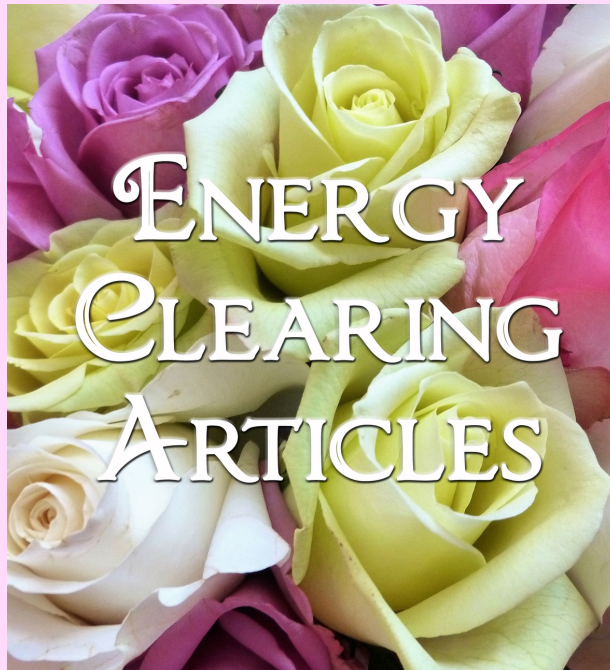


### **Ancestral Clearing Session**

Just as you inherit genes from your parents, you also inherit ancestral energies from them; these can come through as mental/emotional patterns, ingrained beliefs, or even trauma stored in the DNA. Unaddressed, these energies can negatively influence you, holding you back and preventing you from reaching your goals.

Thankfully Reiki can help you work through these energies! I developed this Ancestral Clearing Session specifically to clear unwanted ancestral energies, so you can move forward in life. If you have any questions, please feel free to email me at: reikifromlourdes@gmail.com

## Ancestral Clearing Session



## Energy Clearing Articles

One of the challenges of the holiday season is the amount of "psychic dirt" that many sensitive people pick up from others. Besides [Energy Clearing Sessions](#), you can also use the tips and suggestions given in the [energy clearing](#) articles on my website.

Remember, clearing your energy field is like washing dishes. No matter how often you wash them, dirty dishes pile up, and you have to do wash them again. Because most of us interact with people in one form or another every day, we have to continuously work on clearing our energy fields.

## Energy Clearing Articles



### **Quasicrystal Session**

I have a new session available on my website: the Quasi-Crystal Reiki Session!

Unlike most crystals, the internal structure of Quasi-Crystals has different, non-repeating patterns. When a gap occurs in the pattern a new structure/pattern forms to fill it. A Quasi-Crystal Reiki session channels this energy to you, and like the crystals themselves, fills in the gaps of your energy body with what the universe feels you need. Energetically this may help some of you adapt to other energy systems more quickly, or connect with the energy of the Universe.

Click on the link below to learn more about this new session!

**Quasicrystal Session**

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### Free Reiki\*

To receive the Reiki (general, no specific topic) on Sunday, 12/23/18 at 8:00pm EST, please send me an email with the subject line Free Reiki to this address only: [restrelaxationreiki@gmail.com](mailto:restrelaxationreiki@gmail.com).

You can sign up to receive it until 7:59pm, EST on Sunday, 12/23/18.

Here is a [link](#) to a time converter for those in other time zones.

The Reiki will reach you even if you are busy doing something else. You may share this information with others who would like to sign up for free Reiki. If you are signing up someone else, please get their permission first.

\*Reiki is not a medical treatment, but is a complementary energy modality that works best when used with allopathic medicine.

Blessings,

Lourdes



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